






ILLUSIONS OF ADULTING

by Sara Zimmerman







A black and white cartoon illustration of a young woman with shoulder-length hair, looking upwards with a wide-eyed, open-mouthed expression of confusion or shock. She is wearing a simple, light-colored top. A speech bubble originates from her mouth, pointing towards the top right of the frame.

W-w-where am I?
What's going on?

You're in a coma.



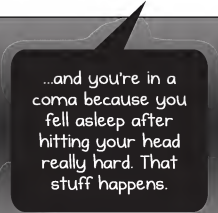
A COMA!?!




Wait. Who are you?

I'm God...






...and you're in a
coma because you
fell asleep after
hitting your head
really hard. That
stuff happens.



Wait, so you're saying
I'm in a coma...

...which basically
means I get a little
time to rest...

...which also means
that after so much
craziness in my life...



....I can use this
time to catch up
on missed sleep!

ILLUSION:



REALITY:

Rest? Haha.
You're funny.



No, I've been wanting to answer your question about how to keep your power while determining what is real and what is fake in life. A coma seemed the best way to get your attention.



Right.

Look, I have a lot to
say and not a lot of
time. So, here it goes:



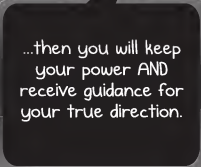
Deciding what is real and what is an illusion can be challenging.

Sometimes you think going after instant gratification and external validation will make you feel better right now.



But, if you listen to your inner voice instead and ask yourself "what is best for me and my highest good in the long run"...





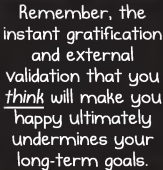
...then you will keep
your power AND
receive guidance for
your true direction.

So, what you're saying is that instead of being tempted to go after something that will make me feel better now, I should do something to help my long-term goals instead?



Yes. When you feel discomfort, just breathe through that feeling. Then, do something that's aligned to your long-term goals instead of something that will make you feel better right now. This keeps you in your power.

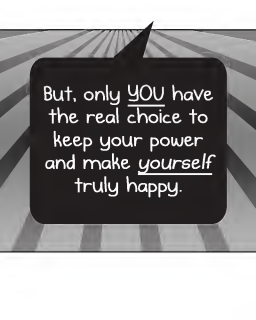




Remember, the
instant gratification
and external
validation that you
think will make you
happy ultimately
undermines your
long-term goals.

Hailey, you have the power
of choice. And, sometimes
the choices are not easy
and require sacrifices.





But, only YOU have
the real choice to
keep your power
and make yourself
truly happy.

Wow. So looking for happiness through external validation and instant gratification gives my power away to others and makes me less happy.



God, you're actually an
amazing counselor...



...but, my head hurts.
Maybe next time we could
have this talk without the
whole coma thing?



Maybe... but I like
the attention.

TO BE CONTINUED... AGAIN...

INSIGHTFUL DREAMS

Share in the comments below any insights you've received in an unconscious (or semi-conscious) state.

